

MWR *Annapolis*

12 March 2004

6th Annual "Here's To Our Health"—A Health, Nutrition and Fitness Fair

The 6th Annual "Here's to Our Health - a Health, Nutrition and Fitness Fair" will be held on Tuesday, March 16 from 10 a.m. to 4 p.m. in the Recreational Services Bldg. #89 at Naval Station Annapolis. The theme is "Be Health - Stay Happy!" The fair promotes the Navy's health and fitness programs and exposes military and civilian employees and their family members to fitness opportunities available in the area. Join the fun and get a wealth of information on starting and maintaining a healthy lifestyle. Exhibits will include free cholesterol, glucose and blood pressure screenings; vision and hearing screenings; chiropractic screenings; body fat analysis; and information on healthy cooking, weight loss, asthma, colo-rectal cancer prevention and fitness apparel. There will be a foul-shooting contest, the U.S. Marine Corps deadhang "pull up" challenge and free snacks. Door prize drawings will be held throughout the day. Admission is free. The fair is open to all active duty, retired military, active and retired DoD civilian employees, DoD contractors and all family members. For information, call 410-293-9206.



Ballet Lessons

MWR Youth Programs offers ballet lessons for ages 4 and up on Wednesdays through the May 19 recital. Introduction to Ballet and Beginners at 5:45 p.m.; intermediate ballet for ages 7 and up at 6:30 p.m.; advanced for teenagers or experienced children (with instructor's approval) at 7:15 p.m. Open to family members of active duty, reservists, retirees, and DoD civilian employees. (Youth Programs has moved back to its original building at 126 Alder Road, Naval Station Annapolis) For more information, call 410-293-4997.

MWR Athletic Events and Programs

Captain's Cup Tournament -Active Duty Military only! **Darts** on March 10 at 11:15 a.m. in the Liberty Zone; **Volleyball** on March 24-25 at 6 p.m. in the gym of the MWR Recreational Services Bldg #89. Interested active duty should contact their unit sports representative or call the MWR Athletic Director, at 410-293-9211.

Fitness Facts! - Are you keeping or forgetting your New Year's Resolution to lose weight? The key to losing weight is to expend more than you take in. If you need help in figuring your Basal Metabolic Rate (BMR) and determining how many calories you are expending with exercise or daily activities, contact the MWR Athletics Director, at 410-293-9211 or visit www.caloriesperhour.com.

Fitness Instructors Needed - MWR Athletics is seeking qualified fitness instructors to teach / lead a variety of classes such as yoga, aerobics, cardio-kick-boxing or pilates, etc. Instructors would be employed under a Personal Services Contract. For more information, call the MWR Athletic Director, at 410-293-9211.

Group Orientation for adults and individual Orientation for Youths, ages 10-14 interested in weight training on the fitness machines and equipment, are available by appointment; call 410-293-9212.

Information, Tickets and Travel (ITT) and Leisure Activities

Caesar's Pocono Resorts - Stop by the MWR ITT Office in the Recreational Services Bldg. #89 and pick up a military savings code to save up to 50 percent on accommodations at Caesar's Pocono Resort.

Horseback Riding through Harper's Ferry - deposit due by March 20; balance due by April 3; ride through the scenic Elk Mountain Trails in historic Harper's Ferry and enjoy a hot lunch by the canal.

"The Boy from Oz" on Broadway - Saturday, April 24 at the Imperial Theatre in New York; 7 a.m. to 11 p.m. Payment must be made in full at the time of reservation. For show information, see www.broadway.com.

Civil War Reenactment - Sunday, July 4, 6 a.m. to 6 p.m., **payment due by March 15**; includes grandstand admission and seat ticket; see Custer vs Stuart, Picketts Charge and more; bring coolers and snacks.

New York City Ballet - If you are interested in seeing one of the performances of the NY City Ballet Company, contact the MWR ITT Coordinator at 410-293-9207.

Pre-paid Tickets • MWR can order tickets to **"Ringling Bros, Barnum and Bailey Circus"** at the 1st Mariner's Arena (Baltimore) March 10-21; and **"Stars on Ice"** at the 1st Mariner's Arena (Baltimore) on March 27 at 7:30 p.m. To order and pay for tickets, call 410-293-9200 (charge by phone) or stop by MWR Recreational Services Bldg. #89, Naval Station Annapolis.

The MWR ticket outlet is located in the Recreational Services Bldg. #89 on Naval Station Annapolis (410-293-9200). Tickets are sold Monday-Friday between 5:30 a.m. and 8 p.m. Some Florida attraction tickets need to be ordered 7 to 10 days in advance. Tickets are non-refundable.

Trips are open to all DoD-eligible employees with a valid ID card and their guest; children under 18 must be accompanied by an adult; space available basis on all trips; trips may be canceled or postponed due to severe weather conditions or from lack of interest (25 or less signups). Trips are scheduled on climate-controlled motorcoach equipped with reclining seats, VCR player and restroom. There will be no refunds for customer-initiated cancellations. Activities, ticket prices and trips may be subject to change. For information, call 410-293-9200 or 9207 or stop by the front desk of the MWR Recreational Services Bldg. #89, Naval Station Annapolis. To charge by phone, call 410-293-9200.

TICKETS

Colonial Williamsburg - One-day and one-year Freedom Pass available. Inquire about free admission for active duty and retired military and reserves on military appreciation days; www.colonialwilliamsburg.com.

Crown movie theaters - Annapolis Mall / Harbour Center 9; Eastport Cinema

Chesapeake Music Hall - "42nd Street" runs to April 24;

2004 Entertainment Books: Baltimore and Washington DC

Walt Disney World® Passes - some tickets must be ordered 7 days in advance of date needed.

Medieval Times Dinner and Tournament - Arundel Mills Mall. MWR tickets are valid for Wed, Thur, Fri and Sun only.

National Aquarium, Baltimore

Pre-paid Tickets to shows at the First Mariner Arena (formerly Baltimore Arena), Warner Theater, Lyric Opera House, Dulles Town Center, DC Armory or West End Theater; call 410-293-9207

Sea World, Florida Tickets

Universal Studios/Isle of Adventure Florida Escape - Active duty get free admission - visit www.universalorlando.com.

Armed Forces Vacation Club Saves You Money

Book affordable vacations through the Armed Forces Vacation Club (USNA contractors are also eligible) - go to afvclub.com and use the NAVSTA Annapolis account number 111; for every vacation booked under this account, a rebate is received by MWR Annapolis and is used to support of quality of life programs at NAVSTA Annapolis. For more information, call MWR at 410-293-9207.

Liberty Zone

The Liberty Zone, the recreation center for single and unaccompanied E1-E6 active duty personnel, is located in the MWR Recreational Services Bldg. #89, Naval Station Annapolis. The center features a surround sound theater, computers, video games, TV / lounging area, self-serve snack area and kitchen facilities, pools tables, darts area, pay telephone lounge areas and outdoor equipment checkout. The "Zone" is open Monday through Friday from 11 a.m. to 1 p.m. and 4 to 8 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m.

Sign up and pay for trips/ activities/shuttle service in advance. There is a free payday shuttle that departs the Liberty Zone at 5:30 p.m. for Exchange and Mall on March 15.

Upcoming events include the Out and About Rules of the Game Liberty Trivia contest on March 24 from 11 a.m. to 1 p.m.; Movie Ticket Monday Trivia Contest on March 22 at 6 p.m.; Pool Tournament on March 25 from 5 to 7 p.m. with munchies and prizes; Luck of the Irish on March 17 with green surprises from 11 a.m. to 1 p.m. and a St. Patrick's Day celebration on March 17 in downtown Annapolis with free transportation from 8 p.m. to midnight; Horseback riding in Harper's Ferry; and a trip to New York City - addition charge to see "The Boy from Oz" at the Imperial Theatre. Prizes for sports trivia questions include movie passes, mall gift certificates and more! For details, call 410-293-9214.

Child Development Center

During March, the children will learn about Spring and the beauty of flowers, the four-leaf clover, wiggle worms and growing a garden with seeds.

The Child Development Center of the U.S. Naval Academy Complex, provides quality childcare, preschool and pre-K programs for active duty and DoD families, Monday through Friday from 6:30 a.m. to 5:30 p.m. Spaces are available in the pre-toddler (ages 13-25 months), toddler (ages 26-35 months) and preschool rooms (ages 3 to 5). Eligibility is open to active duty military, DoD civilian employees, reservists on active duty and DoD contractors assigned to or residing at the U.S. Naval Academy

Complex. Priority access will be established if there is a waiting list. Fees for childcare at the center are based on total family income. Current shot records are required at the time of registration. Bring Leave and Earning statements and/or pay stubs to register. For more information on services or fees, call 410-293-9390.

MWR Youth Programs (relocated back to Bldg. 126 Alder Road)

Membership for the Youth Center is free and includes all open recreation activities (membership forms are at Youth Center). There is a small fee for special events, snacks and trips.

School-Age Care Program - Registration for the 2003-04 program is ongoing at the center, Monday through Friday, 6:30 a.m. to 5 p.m. The program operates Monday through Friday from 6:30 to 9 a.m. and 2:30 to 5:30 p.m. (excluding federal holidays) and includes supervised activities such as arts and crafts, indoor / outdoor games, homework time and an afternoon snack. Additional care will be provided for early dismissals, parent-teacher conferences, in-service days and snow days. Bus transportation will be provided for before and after school to Annapolis Elementary; van transportation will be provided for after school care only for West Annapolis Elementary School. Fees are based on total family income; bring LES or pay stub. The program is open to dependents of all active duty, active reservists and DoD civilian employees. **For details, call 410-293-4997 or 9396.**

Teen Workout Program - On Monday and Wednesday from 6 to 7, workout with weights; Thursday basketball skills and full-court basketball from 6 to 7 p.m.; both programs are at the MWR Recreational Services Bldg. #89 with fitness instructor, Tony Burch. Sign up at the Youth Center. Parental permission is needed to sign up.

Teen Room - Fall / Winter hours at the Youth Center at Clipper are Monday through Friday from 7:30 to 9 a.m. and 3 to 5:30 p.m. for middle school and high school kids with a YC membership. Teens can use the computers with Internet connection, TV/VCR, and GameCube. Friendly and knowledgeable staff will help kids with homework and provide supplies.

Massage Therapy

Massage therapy is available by appointment Monday through Friday from 10 a.m. to 2 p.m. and Saturdays by prior arrangement. Massage therapy is located in Room 211 of Metzger Hall at Naval Station Annapolis. Gift certificates are available at MWR Recreational Services Bldg. #89, Naval Station Annapolis. For an appointment, call 410-293-9200.

Auto Skills Shop

The self-help Auto Skills Shop has automotive bays (three with hydraulic lift) and a variety tools and equipment, including a tire mounter, timing light, electric drill, wash tank, grease tank, brake lathe, hoists, engine stands, Snap-on tools, tire balancer and puller set. Reserve bay time in. Check on your vehicle with the shop's new "All Data" computer car manual program for information on recalls, service bulletins and make / model updates. The shop is open Fridays from 12:30 to 9 p.m., Saturdays from 9 a.m. to 5 p.m. and Sundays from noon to 5 p.m. The shop is closed Monday through Thursday and federal holidays. For information, call 410-293-3859.

Fitness Center Equipment and Policy Use

The cardiovascular and weight rooms in the MWR Recreational Services Bldg. #89, Naval Station Annapolis are equipped with Life Fitness treadmills, cross-trainers, recumbent bikes, upright bikes, stair-masters, Hammer Strength equipment and an FM

wireless fitness cinema from Broadcast vision. Personal portable radios with headphones will work with the new system or people may checkout a portable radio from the MWR Athletic staff. The fitness center has men's and women's shower rooms with day-use lockers; a coed sauna; two racquetball courts; front desk checkout for towels, weight belts, racquetball gear and other sports equipment and a 12' high rock climbing wall that inclines and has stationary hand and foot holds. Children 10-14 years old are allowed to use the fitness facilities when accompanied by a parent at all times. The child is encouraged to attend a fitness orientation provided by the MWR staff before starting a workout program. Active duty and retired and their dependents and active reservists are free. DoD and family members of DoD and reservists are charged a fee. Hours of operation are: M-F 5:30 a.m. to 8 p.m. Saturdays, Sundays and federal holidays from 9 a.m. to 5 p.m. For more information, call 410-293-9200.

MWR FAMCAMP

(MWR operates the FAMCAMP on Naval Station Annapolis. Facilities include a concrete pad, water and electric at each of the 14 RV sites, a central dump station and bathhouse with hot showers year-round. To make a reservation, stop by Bldg. #89, Naval Station Annapolis or call 410-293-9200.

Child Development Home Program

CDH program offers self-employment as a child development provider to dependents of active and retired military, reservists and Department of Defense civilian employees living on and off base. Providers attend 20 hours of orientation classes including CPR and First Aid. National background checks are performed on all CDH providers. Provider's homes are inspected by the Naval Academy fire department, safety office and preventive medicine department. CDH program offers providers the opportunity to work in their home and watch their own children grow and develop while at the same time caring for children and earning an additional income. CDH homes provide a warm, family setting in which children can participate developmentally appropriate learning activities and home-life experiences. The children are able to build a trusting relationship with a provider who will foster their curiosity and creativity, provide guidance and give them the hugs they need.

CDH homes have space available for new children, ages 6 weeks to 12 years old. Some providers also offer evening and weekend drop-in care. If you need child care or would like to become a provider, call 410-293-9395.

Carr Creek Marina

Carr Creek Marina is located on the east end of Naval Station Annapolis and is open to all Department of Defense customers, including retirees, active reservists and family members. Moorings are available for boats, while dry storage facilities can accommodate boats, RV's and pop-up campers (no automobiles) - priority is given to those residing in base housing at USNA/NAVSTA. Haul-out, wash and launch and short distance over-the-road hauling are available for privately-owned boats by appointment, Monday through Friday. Spring special haulout includes wash, launch and 10 days free. Call for an appointment.

The Marina also rents sail and powerboats during summer hours.

Carr Creek Marina also rents slips with water and electric hookups on an annual contract basis at Mill Creek Pier off Greenbury Point. Applications are filed on a status group priority basis.

Winter hours are in effect through April. The office is open Monday through Friday from 9 a.m. to 5 p.m.; operational hours are Monday through Friday from 7:30 a.m. to 4 p.m. For more information, call 410-293-3731.

Camping & Sports Gear Equipment Rentals

MWR rents tents, ground tarps, screened gazebos, camp cots; ice chests; propane lantern, flashlight lanterns, 2-person cook sets and crab nets to help you experience the great outdoors. Equipment can be rented daily, for the weekend or weekly. Rent camping equipment from the Liberty Zone in Bldg. #89, Mondays through Fridays from 11 a.m. to 1 p.m. and 4 to 8 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m. For details, call 410-293-9214.

For sports / recreational kits such as softball kits, badminton and croquets sets, footballs, basketballs, volleyballs and horseshoes, or to reserve RV sites at the MWR FAMCAMP, stop by the front desk of Bldg. #89, Naval Station Annapolis or call 410-293-9200.